

## **SPE - Surgical Procedures and Endoscopy**

### **SPE-ADV      ADVANCE DIRECTIVE**

**OUTCOME:** The patient/family/caregiver will understand the process of developing an advance directive and its role in maintaining a sense of control in the patient's medical care and decisions.

**STANDARDS:**

1. Explain that patients may lose the ability to make their own decisions and an advance directive will be able to express the patient's desires prior to the loss of decision-making abilities.
2. Review the option of Advanced Directives/Living Will with the patient and the patient's family. Explain treatment options and answer questions in a manner the patient/family will understand.
3. Refer to appropriate services to assist the patient in making a living will, e.g., Social Services, Clergy, Lawyer.
4. **Refer to ADV.**

### **SPE-C      COMPLICATIONS**

**OUTCOME:** The patient/family will understand the common and important complications of the proposed procedure.

**STANDARDS:**

1. Discuss the common and important complications of the proposed procedure.
2. Discuss alternatives to the proposed procedure.

### **SPE-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.

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3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

**SPE-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will have an understanding and demonstrate (when appropriate) the proper use and care of equipment.

**STANDARDS:**

1. Discuss the indications for and benefits of the prescribed medical equipment.
2. Discuss the types and features of the medical equipment as appropriate.
3. Discuss and/or demonstrate the proper use, care, and cleaning of medical equipment.
4. Participate in a return demonstration by the patient/family.
5. Discuss the signs of equipment malfunction and proper action in case of malfunction as appropriate.
6. Discuss the proper disposal of associated medical supplies.
7. For inpatients, explain that the various alarms are to alert the medical personnel of the patient's status and/or the function of the equipment.
8. Emphasize the importance of not tampering with any medical device.

**SPE-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of the surgical procedures and endoscopy.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.

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3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**SPE-IS      INCENTIVE SPIROMETRY**

**OUTCOME:** The patient will understand the reason for use of the incentive spirometer and demonstrate appropriate use.

**STANDARDS:**

1. Explain that regular and appropriate use of the incentive spirometer according to instructions reduces the risk of respiratory complications including pneumonia.
2. Explain that the optimal body position for incentive spirometry is semi-Fowler's position that allows for free movement of the diaphragm.
3. Instruct the patient to exhale normally and evenly inhale maximally through the spirometer mouthpiece.
4. Encourage the patient to hold the maximal inspiration for a minimum of three seconds to allow for redistribution of gas and opening of atelectatic areas.
5. Instruct the patient to exhale slowly and breathe normally between maneuvers.
6. Instruct the patient to repeat this maneuver as frequently as prescribed.

**SPE-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about the surgical procedure or endoscopy.

**STANDARDS:**

1. Provide the patient/family with literature on the surgical procedure or endoscopy.
2. Discuss the content of the literature.

**SPE-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

**STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.

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2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
  - a. Explain the need for a designated driver due to medications with sedating side effects.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

**SPE-PM PAIN MANAGEMENT**

**OUTCOME:** The patient/family will understand the plan for pain management.

**STANDARDS:**

1. Explain the pain scale and how it is used to assess the degree of pain individuals are experiencing. Discuss its use in developing a plan to manage pain.
2. Explain that pain management is specific to the disease process of this particular diagnosis and patient and may be multifaceted. **Refer to PM.**
3. Explain that short term use of narcotics may be helpful in pain management as appropriate.
4. Explain that other medications may be helpful to control the symptoms of pain.
5. Explain that administration of fluids may be helpful with pain relief and resolution of symptoms.
6. Discuss non-pharmacologic measures that may be helpful with pain control.

**SPE-PO POSTOPERATIVE**

**OUTCOME:** Patient/family will be knowledgeable about the post-operative course and home management as appropriate.

**STANDARDS:**

1. Review the post-op routine.
2. Discuss the symptoms of complications.
3. Review the plan for pain management.
4. Discuss the home management plan in detail, including activities, incision care, diet, medications, signs or symptoms which should prompt re-evaluation, follow-up, and any referrals.
5. Emphasize the importance of full participation with the plan for follow-up care.

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**SPE-PR PREOPERATIVE**

**OUTCOME:** Patient/family will be prepared for surgery or other procedure.

**STANDARDS:**

1. Explain the pre-operative preparation, e.g., bathing, bowel preps, diet instructions.
2. Explain the proposed surgery or other procedure, including anatomy and physiology, alteration in function, risks, benefits, etc.
3. Discuss the common or potentially serious complications.
4. Explain the usual pre-operative routine for the patient's procedure.
5. Explain that before the procedure begins, the patient may be asked to participate in marking the surgical site.
6. Discuss what to expect after the procedure.
7. Discuss pain management.

**SPE-PRO PROCEDURES**

**OUTCOME:** The patient/family will understand the proposed procedure, including indications, complications and alternatives, as well as possible results of non-treatment.

**STANDARDS:**

1. Discuss the indications, risks, benefits, any significant alternatives, likelihood of success, and common and important complications of the proposed procedure. Discuss the possible results of non-treatment and any potential problems related to recuperation.
2. Explain the process and what to expect after the procedure.
3. Explain the necessary preparation, e.g., bowel preps, diet instructions, bathing.

**SPE-TCB TURN, COUGH, DEEP BREATH**

**OUTCOME:** The patient/family will understand why it is important to turn, cough and deep breath and the patient will be able to demonstrate appropriate deep breathing and coughing.

**STANDARDS:**

1. Explain that it is important to frequently (every 1 to 2 hours) turn, cough and breath deeply to prevent complications such as pneumonia after a surgical procedure. Explain that turning prevents stasis of secretions and breathing deeply and coughing helps to mobilize and clear secretions and keep small airways open.
2. Describe appropriate deep breathing and coughing (take a large breath and hold it for 3–5 seconds, exhale and cough shortly 2 to 3 times).

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3. Demonstrate appropriate splinting techniques (e.g., using a pillow held tightly to the abdomen over the surgical site).
4. Have the patient return a demonstration of appropriate deep breathing, coughing, and splinting.

**SPE-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, including indications and impact on further care.

**STANDARDS:**

1. Explain the test ordered and method of collection.
2. Explain the necessity, benefits and risks of the test to be performed, as applicable, including possible complications that may result from not having the test performed.
3. Explain how the test relates to the course of treatment.
4. Explain any necessary preparation (e.g. fasting) for the test and instructions for collection (e.g. clean catch urine).
5. Explain the meaning of the test results, as appropriate.

**SPE-WC WOUND CARE**

**OUTCOME:** The patient/family will understand the necessity and procedure for proper wound care. As appropriate they will demonstrate the necessary wound care techniques.

**STANDARDS:**

1. Explain the reasons to care appropriately for the wound, e.g., decreased infection rate, improved healing.
2. Explain the correct procedure for caring for this patient's wound, dressing technique, and suture care as appropriate.
3. Explain signs or symptoms that should prompt immediate follow-up, e.g., increasing redness, purulent discharge, fever, increased swelling/pain.
4. Detail the supplies necessary for the care of this wound (if any) and how/where they might be obtained and the proper disposal of contaminated items.
5. Emphasize the importance of follow-up.